

University of Arkansas, Fayetteville

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Diet, Food, Exercise, and Nutrition (D-FEND)

Center for Human Nutrition

6-25-2021

DFEND Wrap Up

Jamie Baum

Erin Howie

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Part of the [Human and Clinical Nutrition Commons](#)

Final Session of DFEND 3! Summary and feedback.

Erin K. Howie Hickey, PhD & Jamie I. Baum, PhD

DFEND Directors

DFEND

Thank you to the DFEND Personalized Coaches!

- Behavior change

- Danielle Higuera



- Nutrition

- Jamie McDermott, MS, RDN/LD



- Physical activity and exercise Bryce Daniels



Thank you, DFEND Team



Emma Hendy,
DFEND
project
manager



Lily Smith,
Culinary and
Food Science
Expert



Zach Roberts,
Physical Activity and
Exercise Expert



Keely LaGrone,
Physical Activity and
Exercise Expert

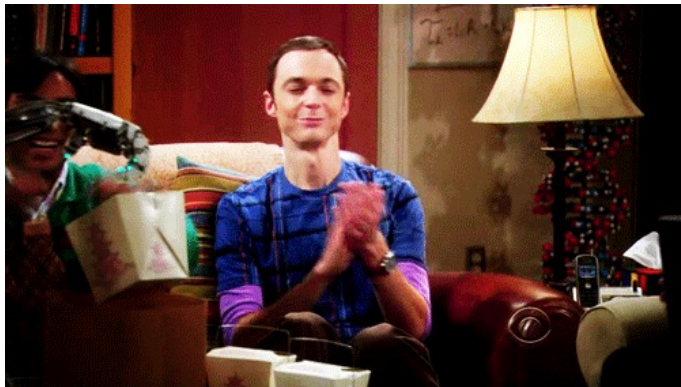
Thank you, Dr. Howie Hickey

- You're the absolute best!
- Can't wait to see what DFEND 4.0 brings.
- Exercise is Medicine!



The Leader of the Pack

- DFEND wouldn't exist without your passion, organization, generosity, and tenacity.



<https://tenor.com/view/big-bang-theory-sheldon-applause-clap-gif-3556398>



All of our content is available online!

- Check our **YouTube** channel for demos - <https://www.youtube.com/channel/UC1COt-uvHEf5XZhwLswYkXw/featured>
- Check out our **website** for Fast Facts and info from past DFEND sessions - <https://aaes.uark.edu/centers-and-programs/nutrition/dfend-3/>

Please take the final DFEND Survey!

We need 70 more responses!

- https://uark.qualtrics.com/jfe/form/SV_3a81CgoXprSjl90



As a participant in DFEND 3.0, you are invited to participate in a research study about health and behavior. The purpose of this study is to understand your health and behavior before, during, and after participating in the DFEND research study through an online survey. The survey will take 10-15 minutes to complete.

Your survey responses will be matched up with the original survey and saved with the same unique code. However, you will need to provide your email address so that we can look at your progress through the study. This email will only be used link your responses from the beginning, middle, and end of the study. We will also use this email address to send you the summary of your results at the end of the study.



DFEND, a year in review: Friday,
May 15th, 2020 through Friday,
June 25th, 2021

DFEND

890 Downloads!

Readership Distribution



DFEND 1.0

- Our **goal** was to **create a community** focuses on weekly cooking, food safety, and exercise demos and/or fast facts and to provide an open forum for Arkansans to ask questions.
- An introduction to food, exercise and nutrition during the COVID-19 pandemic.

DFEND 2.0

Goal: Understand the functions of diet, food, exercise and nutrition in relation to health and wellbeing to help make healthy choices during social distancing and COVID-19.

COURSE OBJECTIVES:

- Discuss factors influencing food habits and choices with leading experts in the field
- Identify the various nutrients, their food sources, and functions to increase your personal nutrition knowledge
- Locate reliable resources for food and physical activity information
- Understand basic nutrition principles to incorporate into selecting a healthy eating pattern
- Discuss the latest science in food and physical activity with the DFEND community

DFEND 3.0

- Healthier habits, healthier you: Implementing behavior change for health and well-being.
- Personalized coaching.
- Goal setting.
- YouTube Demonstrations.

Determinants of Health Behavior

- Individual Factors
 - Genetics, Motivation, Attitudes, Knowledge, Skills
- Interpersonal Factors
 - Social support from family and friends
- Organizational Factors
 - Schools, work, church
- Community Factors (& environment)
 - Farmers markets, parks, access to healthy food
- Policy Factors
 - Zoning regulations, health insurance

Golden Rules of Goal Setting

Five Rules to Set Yourself Up for Success

https://www.mindtools.com/pages/article/newHTE_90.htm

Goal setting is much more than simply saying you want something to happen. Unless you clearly define exactly what you want and understand why you want it the first place, your odds of success are considerably reduced.

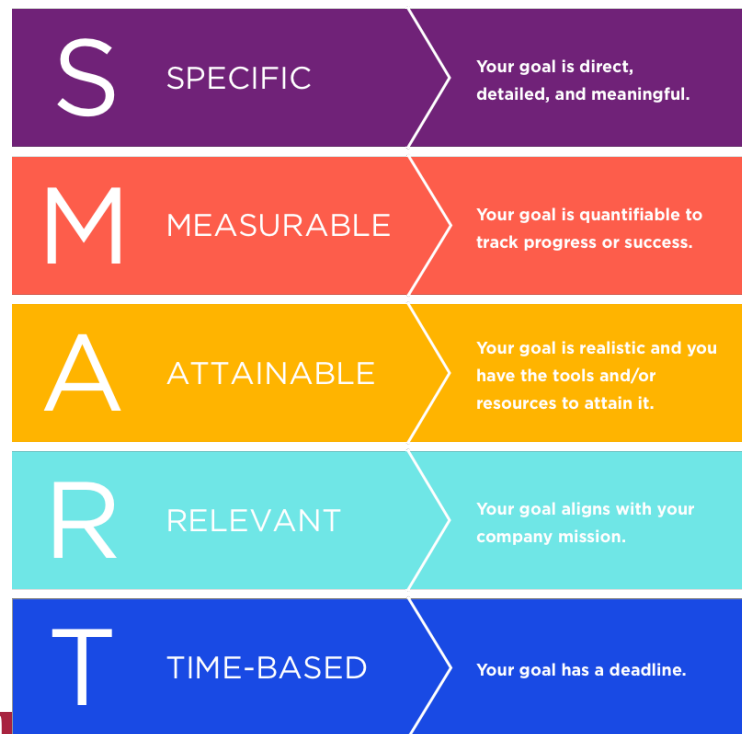
1. Set Goals That Motivate You
2. Set SMART Goals
3. Set Goals in Writing
 - Tip: Frame your goal statement positively.
4. Make an Action Plan
5. Stick with it!



Image: <https://hrdailyadvisor.blr.com/2020/02/21/goal-setting-as-a-time-management-technique/>

What is a SMART Goal?

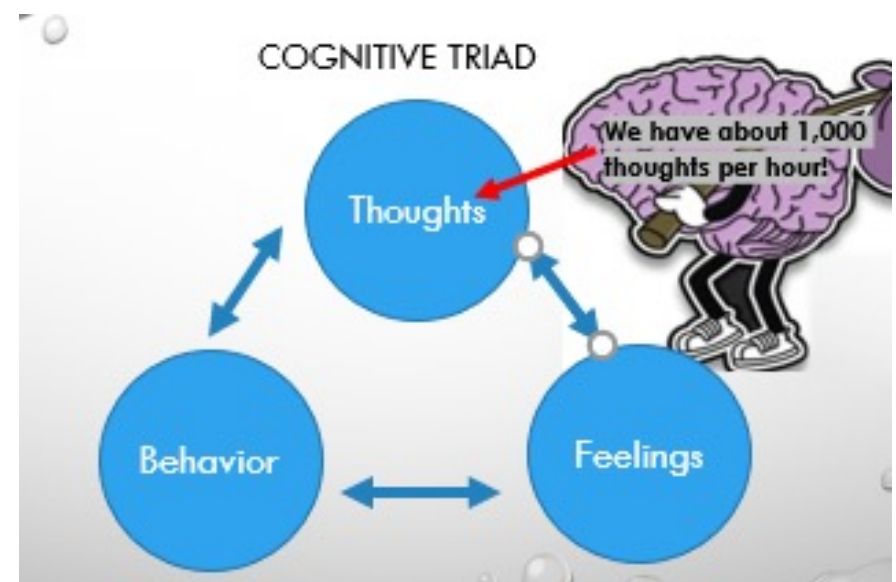
Image: <https://explorecreatelearnrow.com/2020/02/04/smart-goals/>



- **Specific** (simple, sensible, significant).
- **Measurable** (meaningful, motivating).
- **Achievable** (agreed, attainable).
- **Relevant** (reasonable, realistic and resourced, results-based).
- **Time bound** (time-based, time limited, time/cost limited, timely, time-sensitive).

Supporting our SMART Goals with Strategies for change

- Motivation & Reward (Kayce Hyde)
- Tracking & Feedback
- Self Talk (Kaitlyn Chamberlain)
- Mindfulness (Ed Mink)
- Social Support
- Self-efficacy (Bryce Daniels)



What influences our behavior?

- Social influences (Lindsay Aloia)
- Environment (Mike Thomsen)
- Availability & Accessibility (Di Fang)
- Policies (Chris Long)
- Community (Bonnie Faitak)
- Everything in theory (Bob Davis)



https://en.wikipedia.org/wiki/File:We_Can_Do_It!.jpg

THANK YOU, DFEND-ERS!

